

THE VIRGINIA YOUTH ADVISORY COUNCIL



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Converse sneakers never go out of style, regardless of the weather. Photo courtesy of @astrangegirl through Flickr Creative Commons.

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REMEMBERING WILLIAM

By Priscilla Barnes, V-YAC President

William Perry will be missed by all. As a member of the Virginia Youth Advisory Council (V-YAC), he participated in many activities and showed us that his disability didn't stop him from trying to catch a ball or coming to the annual meetings. Many of us remember meeting William at the summer conference held at Radford University. William had a smile that would warm up a room. Even when he was tired, he was smiling. He possessed an inner strength, despite the many obstacles life presented him with.

As a high school student at Hopewell High, William achieved academic success. He was a graduating senior and very active in many organizations, including: The Star Light Bright Children's Foundation, The Muscular Dystrophy Association and The Make -A- Wish Foundation.

On April 1, 2008, William Perry left this earth, but his spirit and memory will live on.

The Virginia Youth Advisory Council, would like to humbly extend an open invitation to William's father, Mr. Robin J. Hood, to attend future V-YAC quarterly meetings. Just like William, you're family to everyone here at V-YAC. William's memory will never die and he'll always be a member of V-YAC in our hearts. Mr. Hood, we'll always be around if you need anything. We miss William. He was an inspiration to us all.

Love Always,
the Virginia Youth Advisory Council.





After you receive your high school diploma or G.E.D. there are so many options to consider, such as college, trade school or entering the workforce. However, one option that you may not have considered is AmeriCorps.

AmeriCorps is a network of local, state, and national service programs that connects more than 70,000 Americans each year in intensive service to meet our country's critical needs in education, public safety, health and the environment.

AmeriCorps members serve with more than 2,000 nonprofits, public agencies and faith-based and community organizations. Since 1994, more than 400,000 men and women have provided needed assistance to millions of Americans across the nation through their AmeriCorps service.

AmeriCorps opens the door for citizens to serve in a variety of ways. Through their service and the volunteers they mobilize, AmeriCorps members address critical needs in communities throughout America, including:



- Tutoring and mentoring disadvantaged youth
- Fighting illiteracy
- Improving health services
- Building affordable housing
- Teaching computer skills
- Cleaning parks and streams
- Managing or operating after-school programs
- Helping communities respond to disasters
- Building organizational capacity

Full-time members, who complete their service, earn a Segal AmeriCorps Education Award of \$4,725 to pay for college, graduate school, or to pay back qualified student loans. Members who serve part-time receive a partial Award. Some AmeriCorps members may also receive a modest living allowance during their term of service.

For more information on AmeriCorps go to:
www.americorps.org



DARRYL'S ANATOMY

M eet Darryl Stephens, he wants to be a pediatric neurosurgeon and he's well on his way. Darryl had a stellar high school academic record and describes his accomplishments as "shattering the stereotype of the young black male in foster care."

The 19-year-old graduated from Armstrong High School with a 4.0+ GPA and is on track for a bright and successful future. The Richmond native credits his grandmother's love and encouragement for much of his success. "My grandmother has made me the person that I am," Stephens explains. "She tells me that I can do anything as long as I keep God in my life."

For the past three summers, Stephens has participated in the Virginia-Nebraska Alliance, which works with college students to increase the ranks of minorities in health care professions. He also has teamed with the Partnership for the Future, a college preparation and youth employment program. These programs have contributed to his professional development and furthered his plans for college. His experiences are stepping stones, helping him get closer to a career in neuroscience.

During his last high school semester, Stephens spent some of his time at Virginia Commonwealth University's (VCU) Medical Center, where he participated in Project ACEe. ACEe is a program that targets disadvantaged high school students, promoting and encouraging their interests and abilities in a medical career.

INTERNSHIP?

Many people think internships are for college students, but opportunities for high school students exist as well. A high school internship can open the doors to the working world, showing you what it's like to have a boss, attend meetings, and meet deadlines. Internships also introduce you to experienced people who can help guide you toward a career. For example, you could help set up video shoots for a local film company, or you could work on an organic banana farm in Costa Rica!

Use A Variety of Resources

If there's a specific company or organization you'd like to work for, don't be afraid to inquire directly. Even if they've never had an intern, you might be able to convince them they need one by being clear about how you could help. Ask your high school counselor or career coordinator about these opportunities. And don't forget family and friends.

Research

To expand your search, look for recent internship guidebooks. Peterson's Internships lists hundreds of opportunities for high school students. The Best 109 Internships and The Internship Bible also list high school positions. The Internet also provides a wealth of resources.

Helpful sites include:

- www.internshipprograms.com
- www.internabroad.com
- www.idealists.org allows you to search for internships at nonprofits such as environmental groups
- www.volunteerinternational.org lists volunteer opportunities abroad.

The program is a five-month enrichment experience designed to expose students from the Richmond Metropolitan area to health professions and enhance their academic skills. During this program, Stephens was involved in researching a cure for sickle cell anemia, a cause that speaks to him personally. As a young child he went door-to-door with his grandmother to raise money for sickle cell research.

The Armstrong High alumnus is one of four Gates Millennium Scholarship recipients in Richmond, who will receive a full scholarship to the school of their choice. Stephens is a sophomore at the College of William and Mary, studying neuroscience. His suite in the honors dorm and a brand new laptop - to help him get his study on - are just a few perks worth bragging about.

Stephens' advice to his peers is, "Don't let your situation limit your destination."



AN INSPIRATIONAL READ

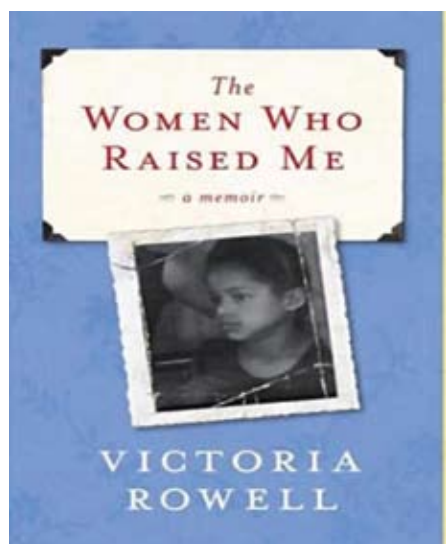
Actress and dancer Victoria Rowell, best known for her role on the long-running CBS soap opera "The Young and the Restless," and former foster care child has chronicled her life story in "The Women Who Raised Me: A Memoir."

Rowell has played a multitude of roles in her career as a ballet dancer and actress. But as many women as she's played in her professional life, even more have played starring roles in her personal life—as foster mothers, caretakers, social service workers, neighbors, friends, teachers, and mentors. Rowell honors each of these women in her touching memoir which recognizes the women with compassion and thoughtful candor.

Rowell was taken into foster care at 16-days-old, after she was born to a mother with schizophrenia and an unknown father. She lived in multiple foster homes until she was legally emancipated at the age of 18. Victoria counts her blessings, taking lessons from every hard knock.

When she's not performing, Rowell, 47, is an outspoken advocate for foster children. She is a national spokeswoman for Casey Family Services, an arm of the Annie E. Casey Foundation. In 1990, she founded the Rowell Foster Children's Positive Plan (RFCPP), which enriches foster children through the arts and sports.

Forrest Perry, V-YAC member, describes the book as interesting and inspiring. "It surprised me to see some of the things people go through and are still able to overcome," said Forrest. "Unlike Victoria, I had a good experience in foster care, but I can respect her motivation, I would definitely recommend this book to others."





FACES 2008 ANNUAL CONFERENCE A HUGE SUCCESS

Foster, adoptive, and kinship families attended the Premier FACES Annual Conference entitled Brighter Tomorrows Begin Today on April 18-20, 2008. Nearly 200 participants enjoyed keynotes from well-known speakers Jaiya John, Ashley Rhodes Courter, Jennifer Lauck, Dr. Robert Hill, and Terri Jagers.

A wonderful blend of two, three-hour workshops were included on Friday and Saturday to meet the needs of both families and professionals. Friday night's awards banquet was a wonderful opportunity to recognize individuals, agencies and organizations that have contributed to the successful growth and impact FACES has experienced in its short history.

Participants were encouraged by the support of the Freddie Mac Foundation, as well as First Lady Anne Holton, to continue the work of FACES and meet the needs of Virginia's children in care. Many were recognized for their contributions and efforts during the past year which have resulted in building relationships, new legislation and a brighter future for FACES, families and children.

The FACES Youth Conference hosted more than 30 children who enjoyed the fun, food and fellowship together as well as workshops and an 'edutainment' presentation by Michael Sanders.

On Saturday evening, the youth presented a talent and fashion show where everyone, young and old, danced the night away.

FACES is grateful to everyone who helped make this year's conference a tremendous success and hopes to see more people involved in the planning of the 2009 Conference: Give children wings...and their futures will soar!

***Photo: Patrick Plourde receives the William Perry Legacy Award during the 2008 Annual FACES Conference**
(Left to Right): Clifton Slade, First Lady Anne Holton, Ernestine Slade and Patrick Plourde.



Education and Training Voucher Program

About Us

The Education and Training Vouchers (ETV) Program financially assists eligible foster care and adopted youth with post-secondary education and training expenses, including:

- Colleges
- Universities
- Technical Training Programs
- Vocational Training Programs

ETV is a national program with available funding of up to \$5,000 per eligible student each year. ETV financial awards are based on the unique needs of each student.

Funding for ETV is supplied in the form of vouchers. These can be applied toward, but not limited to, colleges, universities, community colleges and one-year training institutions.

Youths participating in the voucher program on the date they turn 21 years of age may be eligible to remain in the program until they turn 23 years of age, as long as they are enrolled in a post-secondary education or training program, and are making satisfactory progress toward completion of that program.

For more info contact the ETV program at: www.vailp.com and ilp.etv@dss.virginia.gov, or call 804.726.7944

The College

ADMISSIONS PROCESS



ESSENTIALS TO HELP GET YOUR FOOT IN THE DOOR!

Getting your high school diploma is an exciting time, but also a time filled with many questions, including “What do I do now?”

Consider going back to school! A post-secondary education gives you a competitive edge in the workforce and in life. This doesn't mean it's necessary to earn a bachelor's degree at a four-year college to be successful. You could take a few classes at a community college and earn an associate's degree or attend a trade school for a specific interest.

Whatever avenue of higher education you pursue, you'll need to fill out an application. This can be nerve racking, but here's a few ideas to make your application stand out!

High School Record (35-50%)

Your high school record, which includes the courses you took and how well you did in those courses, is the most important part of getting into a college. Your academic record is a good indication of how well you'll perform when given a rigorous college workload. Not only will your overall grades be looked at, but whether you selected difficult courses, whether your grades improved during high school, and even if you've let your senior grades slide. This is the best performance indicator for colleges.

Test Scores (25-40%)

Like it or not, colleges think test scores are important and will continue to use them to evaluate applicants. SATs, ACTs, and other tests show colleges your mastery of problem-solving, reading, and other basic skills. They also give colleges a way to compare applicants from different schools and backgrounds. You need to prep for the SAT, either by taking an SAT prep course or by finding the right SAT prep guide.

Activities and Other Accomplishments (0-20%)

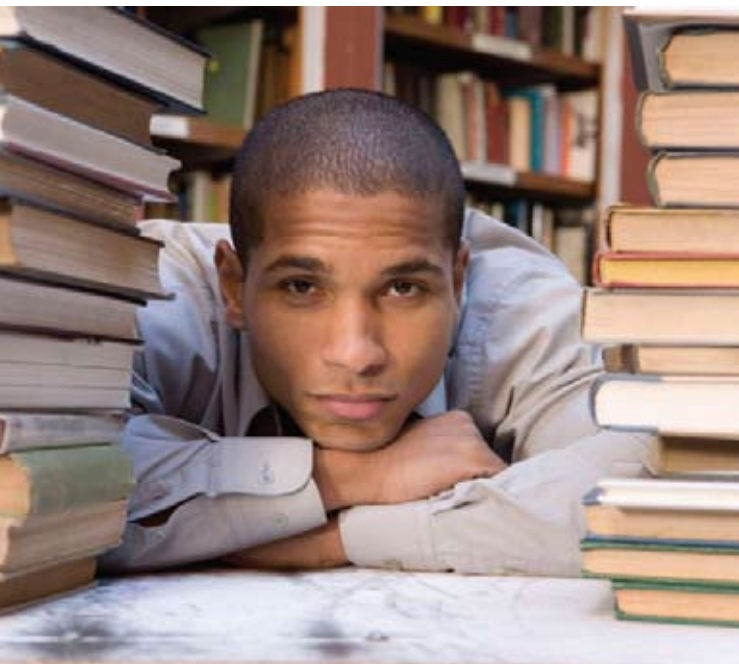
Colleges want to know what you've been doing and how successful you've been while doing it. If you've been involved in the community or taken a leadership role in an activity, it's likely that you'll be similarly active while in college and beyond. That reflects well upon the school and enriches the college experience for everyone else. Come up with an extracurricular strategy as early as possible, and stick to it. Make sure you've considered all of your options and discovered the activities that are best suited for you

Essays and Recommendations (0-20%)

These qualitative factors fill in the empty spaces of your application. What's important to you? What type of personality do you have? Are you likable? What are your greatest strengths and weaknesses? When colleges read your essays and recommendations, they're looking to view you as a human being. If they like what they see, your application will become marginally stronger.

Other Factors (0-30%)

Occasionally, issues beyond those mentioned above will play a role in your ability to get into a college. For example, being a member of an underrepresented minority group will give you an edge, as well as having a parent or grandparent who attended the school.



STUDY TIPS WORTH SHARING

Studying may actually be one of the most dreaded and most avoided activities in a student's life. It makes you this procrastinating monster, when in actuality you are a motivated, enthusiastic, organized individual! Here are a few tips to help you shake the study blues and shine like the academic scholar you really are:

The SQ3R method

The SQ3R method has been a proven way to sharpen study skills. SQ3R stands for Survey, Question, Read, Recite, Review. It is a very effective study strategy.

Survey - Get an overall picture of what you're going to study BEFORE you study it in detail. It's like looking at a road map before going on a trip. If you don't know the territory, studying a map is the best way to begin.

Question - Ask questions that emphasize who, what, when, why, how and where as they relate to your study content. Continue to ask questions as you study. As you find the answers to your questions, you will understand the material and remember it more easily.

Read - Reading is NOT running your eyes over lines of text. When you read, read actively. Engage your mind by answering questions you have asked that the

instructor or author has asked. Always be alert of items in bold or italicized print.

Recite - Reciting means that you stop reading periodically and try to recall what you have read. See if you can recall main headings, important ideas or concepts, such as graphs, charts or pictures. Try to connect things you have just read to things you already know.

Review - A review is a survey of what you have covered. A review should summarize what you have learned, not what you are going to do. It is a review of what you are supposed to accomplish, not what you are going to do. Read the material again with an eye towards what you have learned. Go over notes you have taken to help clarify points you may have missed or don't understand. Review right after studying; don't wait until just before an examination to begin the review process.

Study Tips

- **Mood** - Setting a positive mood is important for study time. Select the appropriate time, environment, and attitude.
- **Develop blocks of study time** - How long does it take for you to become restless? If it is 30 minutes, plan to study for 30 minutes at a time, and then take a short, timed break.
- **Schedule weekly reviews and updates**

- **Prioritize your assignments**
- **When studying, begin with the most difficult subject or task**
- **Review lecture material immediately after class (forgetting is greatest within 24 hours without review)**
- **Schedule time for critical course events; such as papers, presentations, test etc.**

Managing your schedule to meet both academic and non-academic needs!

- **"To Do" List**
Create a "To Do" list for yourself to help you remember things you have to get done. Prioritize your list - what to do at the moment, what to schedule for later, what things you can need help with and the things that can be put off until later.
- **Daily/Weekly Planner**
Write down appointments, classes, and meetings in a calendar, notebook or chart. When you wake up check your list and do the same before you go to sleep. This will help keep you on your toes!
- **Long Term Planner**
Use a monthly chart so that you can plan ahead. Coordinate it with your daily and weekly planners

Try this cool time management calculator
www.studygys.net



eat a variety of foods that provide the nutrients your growing body needs. Eating better and becoming more active can make you feel better and think more clearly.

What?

If you eat in places where you are easily distracted, such as your room or in front of the TV, you may want to change that habit. Eating while doing other things makes it easy to lose track of how much you've eaten.

Eat meals and snacks at a table, in a dining area, if possible. This will allow you to pay more attention to what you're eating and how much you have consumed.

Why?

Another important factor in your eating habits is why you eat. For most people, reasons to eat include:

- Time of day
- Hunger
- Food looks and smells tempting
- Everyone else is eating
- Trigger emotions of: boredom, frustration, nervousness, or sadness

The best reason to eat is because your body tells you that you are hungry. If you are eating when you are not hungry, try doing something else to get food off your mind. Call a friend, exercise, read, or work on a hobby. These activities can help you to cut back on eating when you are feeling bored, upset, or stressed.

To improve your eating habits, eat the suggested number of servings from each food group in the Food Guide Pyramid.

***Did You Know? When you exercise, your brain releases a chemical called endorphins (say: en-dor-funz), which may make you feel happier. It's just another reason why exercise is cool!**

STAYING HEALTHY AND HAPPY

Being a young adult can be tough. Sometimes teens, who are healthy, will try to lose weight even though they don't need to. You may feel a lot of pressure to look a certain way. Weight loss can give you a false sense of control while leading to eating disorders like anorexia nervosa or bulimia nervosa.

If you are concerned about your eating habits or the way you look, it's important to talk to someone you trust. Try talking to a guardian, friend, doctor, teacher, social worker or counselor at your school.

Being happy with who you are and what you look like is important to developing a healthy body and mind. You don't have to be an athlete, supermodel, or movie star to like who you are and to stay fit and healthy.

You can take charge of your health by making small changes in your eating habits and level of physical activity. These changes will help you feel and look better immediately, as well as remain healthy for the rest of your life! Here are a few tips to help you along the way:

You Are What You Eat

Take look at your eating habits. What you eat, where you eat, and why you eat can have a large impact on your health. You need to





WHEN SO-CALLED “KEEPING IT REAL” GOES WRONG:

Conflict Resolution and Anger Management

We've all been in arguments or fights. They're usually verbal, but sometimes they can escalate to violence. In fact, one recent national survey found that 33 percent of high school students said they've been in a physical fight within the past year. The bottom line is people like to be agreed with and like those who agree with them, and if you are not in that category you can quickly find yourself at odds with someone.

We've got two words for you - conflict resolution - a smooth and savvy way to work through and resolve disputes that don't involve violence.

Depending on the situation, you can get over the conflict with a person rather quickly, but for those times you can't, it's good to have a plan to make the disagreement as small as possible.

When situations become heated between you and another person, try walking away, cooling down for a while and then talking it out once you're calmer. Learn to isolate problems, take personal responsibility for your actions and negotiate win/win solutions.

Dr. Peter Nguen, LCSW, Assistant Professor, VCU School of Social Work and National Youth Violence Prevention suggest trying the following:

- Try using the “I feel statement” and fill in the blank with the behavior that you like to see change. Talk to an adult you trust if you feel intensely angry, fearful or anxious.
- Walk into a conversation with a clear mind. Check your mood, try to be calm and collect.
- Reject taunts for a fight and find a compromise to a dispute rather than resorting to violence. Anticipate volatile situations and try not to react to them.
- Use a little trick called guided imagery. This tactic is like predicting the ending of a movie in your head with alternate endings. Decide on your options for handling a problem when conflict arises, such as talking the problem out calmly, staying away from certain people, or getting others involved to settle a dispute, such as a teacher, peer mediator, or counselor.
- Create a two-way conversation.
- Clarification of statements that are being made, don't use personal bias, clarify before responding.
- Go directly to the person you have the problem with, not discussing the matter with other people.
- Creating a personal contract can help set boundaries and avoid conflict.



FASHION TREND FORECAST: SUMMER 2008

Casey Longyear, the owner of one of Richmond's premier boutique's, offers a cheat sheet to this year's fashion trends.

The Virginia summer heat is on its way and versatile spring fashion is in full effect. It's a brand new season, but having a stylish warm weather wardrobe doesn't mean spending alot money on new trendy pieces. Summer is about variety, experimentation and finding your own personal style. Update your closet with bold color, figure flattering tops and eye-catching details. From chunky tribal jewelry to splashes of neon color – make summer a season full of dramatic extremes.

Bold Color:

Bright colors are the signature detail of this season. Eye-popping hues of daffodil yellow, vermillion orange, mint green, bold fuscia, and cobalt blue can be found on everything from party dresses to cargo shorts. Confidently wear intense all over color, or simply add a bright accent to last summer's solid basics.

It's in the Details:

This summer, style is marked by details of every kind. From light, fluid fabrics, to one-shouldered dresses, to tie-waists and braided strap detailing, the classics have been revamped this season. Guys may see new pinstripe and pocket detailing in shorts, as well as a popularized v-neck in t-shirts.

Shape:

This season's trends offer a few new feminine shapes that add flair and personality to an existing wardrobe. Pieces ranging from high waisted skirts and slim tank tops to A-line dresses and fitted jumpsuits - clothing that actually fit defines the spring silhouette. The trendiest pieces include slimming tunics, figure flattering sun dresses and slim cut sailor shorts. The male silhouette transitions this season to a slimmer shape, allowing a tailored look to replace the looser looks of past trends.

Global Style:

Spring trends find inspiration through world

culture and ethnic diversity. From brilliantly colored graphic T-shirts with international influence to floral patterned dresses and earth tones, fashion that expresses an awareness of society and travel are hot. Clothing lines from South Africa, Japan, Thailand, Australia, Belgium, Italy, and Finland are available in Richmond, at Rumors Boutique! located at 404 North Harrison Street (VCU Fan area).





CONNECTIONS

Chauncey Strong, a former foster child, is a committed advocate for children and families. He has dedicated his career to improving the child welfare system and the outcome for children and families in need.

Strong, the youngest in a set of triplets, can remember having a positive experience in foster care. “I knew that I looked different from my family, but we had their love and support,” said Strong. “My mother always introduced us or referred to us as her sons.”

Strong is originally from Newark, New Jersey. He earned his Bachelor of Arts degree in Social Work from Elizabeth City State University, Elizabeth City, North Carolina. He received his Masters degree in Social Work from Norfolk State University, Norfolk, Virginia, in 1993.

Strong, currently the director of community services at Phillips Programs in Annandale, Virginia, has worked for more than 14 years in the child welfare system. He directs treatment, foster care, home-based, kinship care and other community-based services.

DID YOU KNOW?

By Connecting The Community Of Alumni:

We are...

- Building a permanent community for all of us.
- Creating ways that we can be a network of support and extended-family for each other.
- Creating opportunities to talk about and take action on both the challenges and the victories that are part of foster care.
- Changing the culture of foster care.
- Transforming foster care practice and policy.
- Educating professionals and care providers.
- Influencing laws.
- Changing the stereotypes.

For more information, visit:
www.fostercarealumni.org

For the past two years, Strong has served on the board of the Foster Care Alumni of America (FCAA), an association for adults who use to be in foster care. “FCAA gives alumni a chance to connect with others who understand their journey, and a voice to affect change for those still in the foster care system,” he explains.

FCAA’s mission is to connect the alumni community and to transform policies and practices to ensure opportunities for people in and from foster care. With the goal of Connecting Today and Transforming Tomorrow, FCAA aims to erase the differences in opportunities and outcomes that exist for people in and from foster care, compared to those who have not experienced foster care.

In reflecting on his foster care experience, Strong’s message to foster youth is “Take what you can from your experience in foster care, the good, and the bad. Keep those things that make you a better person and build on them and use them to do well. For me it was important to find some way to give back and help improve the system for those who are still in foster care. Being involved with FCAA is my way of giving back and helping others.”

For more information on the Foster Care Alumni of America, contact Chauncey Strong at (703) 941-3471 ext. 217 or Chauncey.Strong@phillipsprograms.org

MEET THE PROFESSIONAL:

*Not sure what you want to be when you grow up? Choosing the right occupation can be difficult. Check out V-YAC's newly created section "**Meet the Professional**" which profiles individuals in different occupations to help give you an idea of what it takes to pursue a career in that field.*



MEET THE PROFESSIONAL: HERMIE SADLER

Occupation: NASCAR driver/Sports announcer

Education: Graduated with a degree in Industrial Relations from the University of North Carolina in 1991.

Average Starting Salary: All pay scales are different - most include a base salary, then a percentage of race winnings and royalties on merchandise. Many drivers are in the six figure to seven figure range for salaries plus endorsements.

Training/Education Requirements: Was exposed to race cars at an early age and started racing Go-Karts at the age of eight and worked up in ranks from that point.

Career Path: World Karting Champion 1988, started stock car racing in 1990, NASCAR Busch Series Rookie of the Year 1993. NASCAR Busch Series and Nextel Cup Series driver until 2006. In 2007, moved into broadcasting with SPEED, Fox, and DirecTV.

Hermie loves his job because "I was taken to the race track every weekend for as long as I can remember....my whole family grew up in racing. I just love the competition."

MEET THE PROFESSIONAL:

JENNY JUSSELL

Occupation: Radio Announcer/Traffic Updates for 13 years at Metro Traffic Inc.

Education: Bachelor's degree in Mass Communications/Advertising from Virginia Commonwealth University.

Education/Training: Entry into this occupation is highly competitive. Many announcers have a bachelor's degree in a major such as communications, broadcasting, or journalism, but a degree is not required. Announcers must have a pleasant, well-controlled voice, good timing, excellent pronunciation, and use correct grammar. College broadcasting programs offer courses, such as voice and diction, to help students improve their vocal qualities. Students can gain valuable experience at campus radio or TV facilities and at commercial stations by serving as interns.

Average Starting Salary: \$7.72 - \$23.90 hourly, depending on prior experience

Career Path: I had a couple jobs as a radio D.J. (Disc Jockey.) One of the job required that I be the morning host on a local Jazz station. As part of my duties I recorded traffic reports relayed to me by a Metro Traffic anchor, and then played them on the station. When I found out there was a job opening at Metro, I applied and got it!

Jennifer loves her job because "I was a D.J. in college because I loved music and worked at a record store. A regular customer suggested I apply for a job at their radio station, and I have been doing it every since. I don't like to have a lot of information coming at me, I cut through the muck, and come out with a report that helps people avoid delays."





MEET THE PROFESSIONAL: RICHARD BIRCHETT

Occupation: Deputy Sheriff, Computer Coordinator

Education: Bachelor of Science in Information Technology, Virginia Commonwealth University

Training/Education Requirements:

Candidates must be at least 21 years of age but less than 37 years of age at the time of appointment. Must have at least a high school education and some departments require a year or two of college coursework.

Physical examinations for entrance into law enforcement often include tests of vision, hearing, strength, and agility. Eligibility for appointment usually depends on performance in competitive written examinations and previous education and experience. Recruits get training in their agency's

police academy, often for 12 to 15 weeks. Training includes classroom instruction in constitutional law and civil rights, state laws and local ordinances, and accident investigation.

Recruits also receive training and supervised experience in patrolling, traffic control, use of firearms, self-defense, first aid, and emergency response. Because personal characteristics such as honesty, sound judgment, integrity, and a sense of responsibility are especially important in law enforcement, candidates are interviewed by senior officers, and their character traits and backgrounds are investigated.

Duties: Enforce the law in the unincorporated areas of the county. Respond to emergency calls for assistance. Receive and investigate

complaints and reports violations of law; conduct initial investigations, obtain information and statements and prepare reports; make arrests; apprehend suspects and fugitives; log patrol activities; transport prisoners; act as bailiff for the Superior Court; appear in court as a witness. Specialized Duties: Create and maintain Web site; maintain and troubleshoot department's computer system. Conduct training classes; provide end-user support for network-related hardware and software networks; enter data; create and maintain databases.

Average starting salary: \$48,000

Deputy Birchett loves his job because "It makes me feel good to know that I am protecting and providing to the greater good of the community."



MEET THE PROFESSIONAL: DR. MELANIE BOONE

Occupation: General Dentist in private practice for eight years.

Education: Bachelor of Arts (B.A.) in Studio Art from University of Virginia and Doctorate of Dental Surgery (DDS) from Howard University.

Duties: Diagnose, prevent, and treat oral conditions. Provide instruction on diet, brushing, flossing, the use of fluorides and other aspects of dental care. Oversee a variety of administrative tasks, including bookkeeping and purchasing equipment and supplies. Employ and supervise dental hygienists, dental assistants, dental laboratory technicians and receptionists.

Training/Education Requirements: minimum of three years of college-level pre-dental education, regardless of the major chosen. All dental schools require applicants to take the Dental Admissions Test (DAT).

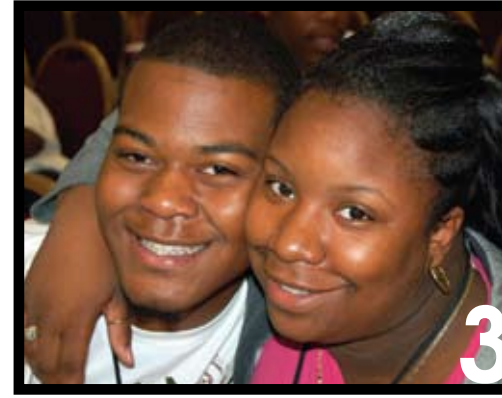
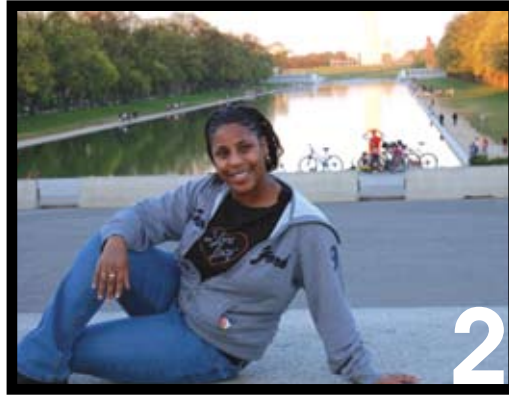
Dental school usually lasts four academic years. Studies begin with classroom instruction and laboratory work in basic

sciences, including anatomy, microbiology, biochemistry and physiology. Beginning courses in clinical sciences, including laboratory techniques, also are offered at this time. During the last two years, students treat patients, in dental clinics under the supervision of licensed dentists.

Most dental schools award the degree of Doctor of Dental Surgery (DDS). The rest award an equivalent degree, Doctor of Dental Medicine (DMD).

Average Starting Salary: \$75,000

Dr. Boone loves her job because “you can change someone’s life through their smile”



WELCOME TO THE GALLERY

1 Girls just wanna have fun! That's all they really want!!!

3 Don't they look darling together? He is definitely the lucky man.

2 I believe she is ready for her close up, but hurry, this new, fresh-faced model has a flight to catch in less than 30 minutes for Paris.

4 The Muppets Take Manhattan - no wait - The V-YAC Gang takes on Washington D.C. This adventure was filled with laughs, a history lesson, theater and good old-fashioned fun!

5 Jonelle and Pricilla pose for a pretty picture in the Nation's Capitol. Wait a minute; a closer look reveals Forrest too! He looks distressed. Maybe he lost his hat, or worse, some of his hair.



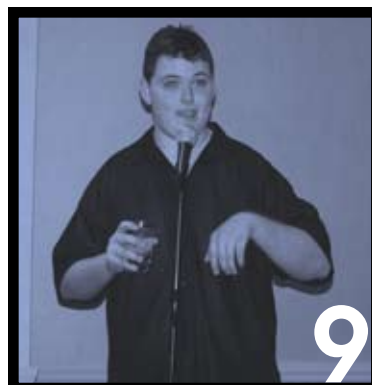
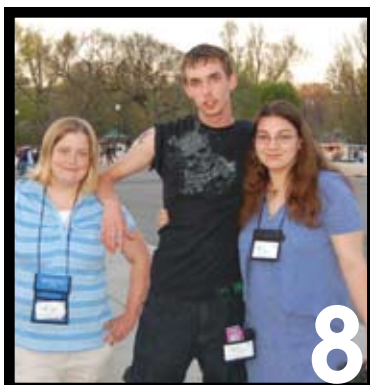


6 Chris gets involved in a little politics during his trip to D.C.

7 The Advisory caught a few of V-YAC's cheerleaders in the act : GO V-YAC, GO V-YAC, we rocking , we rolling, we give it all we got because we are V-YAC and yes, were hot!!!

8 V-YAC's Breakfast Club is exhausted, but still able to smile, after a long Saturday in detention. Ok, that was a bad joke. They are exhausted from all the fun they had at the Spring annual conference.

9 Listen up, ladies and gentlemen. Chip will now gives us the answer to one the oldest jokes known to mankind, "Why did the chicken cross the road?"





Virginia Youth Advisory Council V-YAC

Fourth Floor
7 N. Eighth Street
Richmond, VA 23219
Fax: (804) 726-7499

Web: www.fyi3.com/vayac
Email: VA.YAC@dss.virginia.gov

Newsletter Editor: **Joron Moore**
Visual Communications: **Jaime Flores**



V-YAC

The Virginia Youth Advisory Council provides a forum in which foster care youth can gain information about the foster care system and exchange ideas that will improve foster care. The purpose of the Council is to develop channels of communication and distribute information to youth in foster care. The Council strives to motivate other foster care youth to participate in Independent Living Program activities and provides a platform for foster care youth to be heard. In addition, the Council is involved in the decision-making process for policies and regulations that affect foster care youth. For more information visit:

<http://www.dss.virginia.gov/family/fc/independent.html>

INDEPENDENT LIVING PROGRAM STAFF

Letha Moore-Jones
ILP Supervisor and Coordinator
(804) 726 - 7576

Patrick Plourde
ILP Program Specialist
(804) 726 - 7577

Phillip Quinn
ILP Training Specialist
(804) 726 - 7521

Peyton McCoy
ILP Educational Specialist
(804) 726 - 7944

Nancy Nicholson
ILP Events Coordinator
(804) 726 - 7508



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